



Exercise Idea List

There are many kinds of activities you and your family can do for exercise.

By yourself	With people
Walk Dance Yard work Jump rope Ride a bike Go for a swim Use an exercise video Run or jog Others: _____ _____ _____	 Walk Dance Hike in the woods Ride bikes together Ski on trails or on hills Take exercise classes at a gym Play sports like soccer, tennis, and basketball Play with your kids Go to the pool to swim, or just to walk in the water Others: _____ _____ _____
Inside Dance Jump rope Use an exercise bike Use an exercise video Use a treadmill to walk or run Go to a gym for an exercise class Go to the indoor pool to swim, or just to walk in the water Others: _____ _____ _____	Outside  Walk Ride a bike Run or jog Do yard work Hike in the woods Play with your kids Play sports like soccer, tennis, and basketball Others: _____ _____ _____